

3 THINGS TO DO

01 Art of yoga



Bangalore Creative Circus brings Airo Yoga Workshop that welcomes beginners to experience the benefits of yoga. The event is a combination of elements such as vinyasa yoga, pilates, and acro-play with a custom-designed

swing. These elements are accessible to all levels of fitness, and the event is open to ages 12 and up. **Where:** Bangalore Creative Circus, 12/2, Yeshwanthpur Industrial Suburb
When: Sunday, June 25; 10 am to 12 pm

02 World of tigers

Here's a chance for art enthusiasts to visit the captivating world of wildlife art and immerse themselves in the majestic world of tigers. 'The Kingdom of Tigers' is a solo symphony by Odisha-born artist Anup Kumar Chand that explores the interplay between different artistic genres.



Where: Gallery G- Gallery 1, The Atrium, 38 Maini Sadan, 7th Cross, Lavelle Road
When: June 21-July 3; 10 am to 6:30 pm (Monday to Saturday)

03 All about love



If you love storytime, then don't forget to visit Atta Galatta this week. Vikram Sridhar brings 'Love Stories from Indian Heritage' for adults, which is a time travel into a space where love existed and does not fit into today's concept.

Where: Atta Galatta, 178, 5th Main, 9th Cross, 1st Stage Indiranagar; **When:** Friday, June 23; 7 pm



Umbrella season is on

Bangaloreans cross road with their umbrellas during rains. The India Meteorological Department (IMD) has warned of heavy rain in the city from Tuesday onwards. Various districts like Bengaluru Urban, Shivamogga, Kolar, Mysuru will receive heavy showers

PIC: KAUSHIK JN

Free ride: 'Keep your children out of trouble'

Child rights panel highlights dangers of children leaving city after arguing with their parents; urges govt to mandate permission letter when travelling alone

Ahna Prakash
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TWEETS @BangaloreMIRROR

The Child Rights Trust has approached the Karnataka government to make parental consent mandatory during free bus travel for minor girls. Nagasimha G Rao, director of the trust, said that recently there was a case where girls travelled to another city because their parents scolded them at home.

"The children left the house and went to a different town because their parents scolded them for eating chocolate. Then the police rescued the children and handed them over to their parents. Such cases shed light on several issues. We all need to learn from this case. There is a necessity to enforce some rules during free travel in the best interest of children," he said.

The activist added that according to Article 26 of the United Nations Convention on the Rights of the Child, the government is responsible for providing social security to children. India signed the Convention on the Rights of the Child in 1992 and is committed to upholding the rights of children to life, protection, development, and participation.

"Even if there is a little trouble at home or in school, children may board the bus and go to another city; they may face many kinds of dangers. This is



According to the activist, parental permission letters must have parental consent along with their signature and mobile numbers. The bus conductor must check the permission letter

the time to monitor the free travel of children," he explained.

He also claimed that due to the pandemic lockdown, many children have not taken a trip, and there is a natural desire among children to go to other towns and visit new places. Now that the government has allowed free travel, children can easily become victims of child trafficking networks and anti-social forces during travel. Therefore, in the best interest of children, make it mandatory for minor girls to have a permission letter from their parents while travelling alone or in a group to other towns.

“ Even if there is a little trouble at home or school, children may board the bus and go to another city – Nagasimha G Rao, Child Rights Trust

"Parental permission letters must have parental consent along with their signature and mobile numbers. The bus conductor must check the permission letter of the parents in the best interest of the children. The government should give wide publicity to the fact that a permission letter from the parents is required for the free travel of minor girls. If children travel without parental permission, conductors can contact Child Helpline

1098 or 112," opined Rao.

A police official told Bangalore Mirror that recently they have witnessed cases where children would take the train or the bus and go to another place if they were upset with their parents. Recently, there was a case where two boys left their school and were nowhere to be found, but later, after their parents approached the police, we found them at the railway station," he said.

Rainy Day: 'Safeguard your child's journey'

Civic activists urge parents to ensure their children wear helmets while being dropped off at school during monsoon

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Due to the recent monsoon season, when roads become slippery and accidents are increasing, activists urge parents to drop their children to school on two-wheelers, ensuring that child helmets are se-

curely fastened.

Often, parents can be seen dropping their children off at school in the morning with the small children sitting as pillion riders or in the front seat. But in many areas, these children are not found wearing helmets, increasing the chances of fatal accidents. Activists urged the traffic department to take note of such violations to avoid any mishaps.

Ajay, a civic activist from Swayam



Jagruiti, told Bangalore Mirror that in the morning during peak hours, parents can be seen dropping their children off at school without helmets.

"Yesterday, in a similar case in the Ullal area, a bus bumped into a two-

wheeler carrying a child, and both were not wearing helmets. Even after the accident, the parent wanted to rush to drop the child off at school. Now, with the rain, roads are slippery, and roads will get worse. Helmets must be worn by both people," he said. Other child activists also noted witnessing several such incidents.

"We have seen many such incidents. I have seen three children sitting as pillion riders and not wearing

helmets. Parents say that it's not mandatory for children. For the safety of children, parents must ensure helmets are worn at all times. With the monsoon, accidents can happen at any time. We tried to counsel two to three parents regarding this, and they felt that after some time, the helmet would become useless. We must create awareness, and the government must give publicity to this concern," said Nagasimha G Rao.

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After successfully organising the VK Education Fair in Gangavati and Shivamogga, Bengaluru is now preparing to host a grand education expo on June 24 and 25 at the Jnana Jyoti Auditorium, situated on the Central College campus.

This education fair is an excellent opportunity for parents and students to gather valuable insights from over 35 prestigious colleges and universities. This fair will be represented by educationists offering on-the-spot counseling and detailed information about available courses, admission processes, and more.

This event aims to address all the queries related to education for parents and students. For instance, if a student is considering a particular course, they may have doubts regarding the fee structure, campus facilities, availability of hostel accommodations, quality of food services, placement opportunities, educational loans, and scholarships. The education fair seeks to provide answers to these questions by bringing together top educationists and college management.

The fair venue can be easily reached by bus or the Metro. Ample parking will be provided for attendees who are driving to the event. Moreover, admission to the fair is entirely free, ensuring that everyone, including students and parents, can access the valuable resources available. The fair warmly invites all individuals interested in exploring their educational options to seize this opportunity and make informed decisions about their future careers.

-Prakash VL



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Venue: Jnana Jyoti Auditorium, Central College

Time: 9:30 am to 5:30 pm

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AIR 48



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NEET: AIR 180



ARNAV KAMATH
NEET: AIR 307



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ADITHI B N
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Snakes in the city



PICTURE FOR REPRESENTATION ONLY

The hatching season for snakes starts in June and lasts up to August-September, informed a rescuer; Eggs are usually laid in vacant plots and drains.

Baby snake sightings increase with rains; rescuers talk safety measures

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TWEETS @BangaloreMirror

Owing to seasonal changes, Bengaluru has been seeing a rise in baby snakes entering homes. Snake rescuers in the city are experiencing a sudden spike in rescue calls. City-based snake rescuers say that there has been an increase in snake rescues ever since the skies started pouring. They say that it can also be associated with the season for the hatching of snake eggs.

"We have been receiving calls every day. Previously, we used to get a maximum of 10-15 calls in a week, but now, it has doubled. They are mostly baby snakes. Yesterday, we received a call near the Chief Minister's residence, but when we reached

there, it disappeared.

They hide inside doors and small crevices. We are encountering baby cobras, Russell vipers, large rat snakes, and cobras. Additionally, with the rain, there are a lot of water snakes in waterlogged areas," said a snake rescuer.

The hatching season starts in June and lasts up to August-September, he said. It begins with cobras, followed by rat snakes, and gradually includes other snakes. Eggs are usually laid in vacant plots and drains. However, snakes won't lay eggs inside houses as they need warmth for hatching.

As Bengaluru develops and vacant plots disappear, snakes are entering houses. Snakes can be found in idle places of the house like car garages, inside vehicles, and kitchen areas. "Yesterday, we discovered a

snake hiding inside the wheel of an auto," he added.

Rescuers said that they are receiving many calls from Banaswadi, Yelahanka, Marathahalli, Whitefield, and Vidyanarayana. Calls are coming from areas with big stormwater drains. "When you park your vehicle outside, the snake might slither into the same and reach your basent," he explained.

Cobras prowl Cubbon Park

Snake rescuers are finding large cobras in Cubbon Park and are cautioning people sitting there about the dangers. They also receive many calls from Vikas Soudha and the High Court basement.

Most snakes are not venomous. However, one must remember that cobras are – even if it is a baby.

In case one encounters a snake, they should move back 10 feet away from it and call 100 or the Bruhat Bengaluru Mahanagara Palike (BBMP) control room/forest depart-

"We have been receiving calls every day. Previously, we used to get a maximum of 10-15 calls in a week, but now, it has doubled – Snake rescuer

ment. Rescuers advise the public not to attempt rescues on their own as there has been an increasing trend of people trying to do so by watching online videos.

Snake rescue fraud

Rescuers also caution the public against fraudulent local rescuers who deceive people. "People should call government-authorised rescuers and not rely on local unauthorised ones. They try to rescue snakes and end up getting bitten in the process themselves, and then demand Rs 40,000-60,000 for treatment. They also claim to be from BBMP, and the blame goes to the agency in case of mishaps," said a BBMP official.

'Tunnel like Boston won't work in B'luru'

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TWEETS @BangaloreMIRROR

In a meeting convened by Deputy Chief Minister DK Shivakumar on Saturday, industry captains suggested the construction of an underground tunnel road across the city's length and breadth in order to help ease traffic congestion. It was one of the many ideas put forward by the captains, who were in a meeting to discuss how to better 'brand Bengaluru'. However, experts are of the opinion that such a measure will not help resolve the issue of traffic. The real answer is a reliable public transportation system, they say.

Keeping in mind the expected growth of the city in the coming 25-30 years, the captains suggested that a super tunnel, similar to the ones in Singapore and the US city of Boston, must be constructed, connecting all four directions of the city.

Professor Dr Ashish Verma, Convener of IISc Sustainable Transportation Lab, said that such ideas lack the perspective of sustainability and efficiency. "Singapore is known for changing the leas of people towards public transport and making the usage of personal vehicles difficult by introducing measures such as congestion charge and restricting parking spaces.

On the other hand, the US is not comparable to India – their land mass is big while their population density is less, their lifestyle is deeply embedded in a car-based society. For these same reasons, the US is the biggest consumer of oil and has the highest amount of carbon emissions," he said, stressing the need for comparisons to be made within the required contexts.

He noted that the efficiency of the proposed underground tunnel would not be anywhere close to that of a public transportation system. Providing an example with the in-



PICTURE FOR REPRESENTATION ONLY

put as investment and the output as the maximum number of passengers that can be carried, Professor Verma said that the cost of constructing a single lane tunnel road and the cost of constructing a metro track would be almost the same and can be considered the same for all practical reasons. "A road meant to carry personal vehicles would generate a capacity of 1,800 passengers per hour. However, a metro rail system running on a single track at a maximum frequency of every 1.5 minutes generates a capacity of 69,000 passengers per hour," he explained.

"Would any sensible businessman choose a tunnel road? This only happens when one does not understand the subject," he added. He stressed that the fundamental focus should be on how much passenger and goods movement can be facilitated between two points.

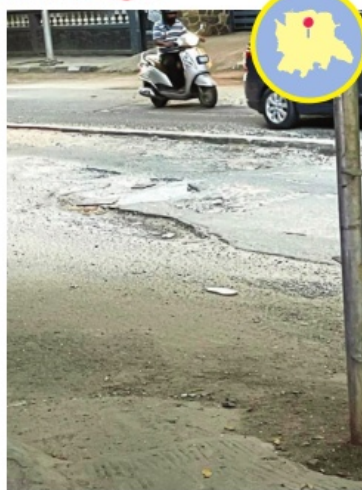
The Deputy Chief Minister said that he is seeking the suggestions of every stakeholder and will soon hear the opinions of citizens too. He has said that a website will be launched for this purpose, and keeping in mind the suggestions provided, a blueprint will be chalked out to address the issues of development in the city.

"Tunnelling entails a lot of time and money. In Bengaluru, we have seen that one of the biggest challenges faced by the metro is the rock underground being very hard. We have also seen instances of cracks developing and buildings above trembling," said Rajkumar Dugar, a mobility expert.

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Pothole peril Indiranagar



The potholes on ESI hospital road in Indiranagar are getting bigger. No authorities have taken the initiative to patch them up.

Garbage galore Logos Street



Garbage is being dumped in a residential area at Logos Street in Ramaswamy Palya.

Misused pavement? ITI colony



At 32nd main, 5th A cross ITI colony, JP Nagar 1st phase, the footpath and part of the road are being misused.

₹30-crore tree park planned for NGEF

The state government has proposed the development of a tree park on the NGEF premises, while the existing greenery will be retained. The estimated cost is Rs 30 crore. This was announced on Tuesday by the Medium and Large Scale Industries Minister MB Patil. This statement was made after attending a presentation on the proposed tree park's development during a preliminary meeting chaired by him. He further mentioned that the final decision will be made soon after discussing the matter with Chief Minister Siddaramaiah, he added.

The development of the

Total land area of 105 acres includes 70 acres of dense greenery

tree park will be carried out in two phases. Phase 1A will involve works worth Rs. 11 crores, while Phase 1B is planned with an estimated cost of Rs. 15 crore, Patil said. Works for Phase 2 will commence after the completion of Phase 1A and Phase 1B.

"Phase 1A will include the construction of an entrance gate, entrance plaza, a sculpture court, toilet block (01), walkway (1400 mts), food court, waterfront, and elevated

walkway (0.45 km). In Phase 1B, an elevated walkway, child play area, outdoor gym, pet area, food court, waterfront, watchtower, and a toilet block will be developed. Subsequently, Phase 2 will involve the construction of an innovation hub, cultural hub, nursery, sports hub, food court, and multipurpose theatre. Furthermore, the development will include the establishment of ready-made workspaces with Wi-Fi facilities," said Patil adding that the park aims to showcase the heritage and culture of Karnataka.

The total land area of 105 acres includes 70 acres of dense greenery. —BMB

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DOG CENSUS, BUT MAKE IT HI-TECH

Long-awaited counting process of canines in and around Bengaluru to start by the end of June; will use drone technology

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TWEETS @BangaloreMIRROR

The Bruhat Bengaluru Mahanagara Palike's (BBMP) is ready to roll out the much-awaited dog census with tantalizing technologies. This drone-based census process will begin by the end of this month (June). This process will count canines in areas around Bengaluru's water bodies and photograph every dog on the city's streets.

BBMP special commissioner (health) Dr KV Trilok Chandra said, "We are using drone technology on a pilot basis. Drones will assist in the census process by counting canines only around waterbodies in the city. The rest of the city will be covered on foot by our teams. Drone technology clubbed with on-foot census will not only help in better implementation of BBMP's ABC and ARV program but will also provide more accurate data. It should not take more than two weeks once started."

"We have formulated 50 teams of experts from BBMP and their training process is complete. We are currently adding a new feature to the application that will be used to conduct the census to ensure photographic evidence of every dog being counted. This will give us a more accurate number as we will be able to weed out duplication," Dr Trilok added.

BBMP officials also confirmed that it will be a hybrid census process, keeping in mind the limitations of drone technology. BM had earlier reported that BBMP is contemplating using drones to aid the upcoming dog census in the city.

According to the BBMP proposal, the canine pollution tally will be done with the help of students from the Veterinary College, Hebbal, and animal welfare vol-



We are adding a new feature to the app that will be used for the census to ensure photographic evidence

— Trilok Chandra, BBMP

unteers in the city. However, Palike has now decided to go ahead with officials from Animal Husbandry and other departments as it could gather enough volunteers for the process.

"The application being used by BBMP is robust. Using such technologies is something that many animal welfare ac-

tivists have recommended in the past. It is heartening to see technology being used in the census for a better outcome," said Harini Raghavan, a member of Citizens for Animal Birth Control.

After a gap of nearly five years, the census result will be useful in analyzing the efficacy of the ongoing ABC/ARV program by the civic agency. The last dog census of Bengaluru was conducted in 2018, recording 3.09 lakh stray dogs. Before that, 1.85 lakh dogs were recorded in the 2012 census and 1.83 lakhs in 2007.

City-based animal welfare activists say the census must be conducted soon with the right technology as it will present realistic data and will help BBMP in planning necessary steps to streamline its ABC/ARV program for a better outcome.

Denial of sex is cruelty but not an offence, rules HC



The Karnataka High Court has quashed criminal proceedings against a man and his parents lodged by his wife in connection with the denial of physical relationship.

"As per the Hindu Marriage Act-1955, denial of physical relationship by the husband amounted to cruelty, but not under IPC Section 489A," the bench observed.

The bench headed by Justice M Nagaprasanna gave the order while looking into the petition submitted by the husband. The petitioner's husband had challenged the charge sheet filed by the police under IPC Section 498A and Section 4 of the Dowry Prohibition Act against him and his parents.

The bench observed that the sole allegation against the petitioner is that he believed that love is never about getting physical and it should be soul to soul. The petitioner claimed that he was the follower of a certain spiritual order. The bench observed that the husband never intended to have a physical relationship with his wife. "Non consummation of marriage would undoubtedly amount to cruelty under section

'Sole allegation against the petitioner is that he believed that love is never about getting physical'

12(1)(a) of the Hindu Marriage Act. But, it does not fall under the IPC Section 498A. The bench observed that criminal proceedings against the husband could not be proceeded as it would be an abuse of the process of law and result in miscarriage of justice.

The couple were married on December 18, 2019 and the complainant wife stayed at the husband's place for only 28 days. She filed a police complaint on February 5, 2020 under the IPC Section 498A, which deals with dowry harassment. She had also filed a case before the Family Court under Section 12(1)(a) of Hindu Marriage Act claiming that her marriage is not consummated.

After the annulment of her marriage, the wife had proceeded with the criminal case against her husband and his parents.

—IANS

It's as SIMple as that

Karnataka loses 4,02,037 mobile subscribers as 'work from home' ends in several offices in state

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As employees return to the office, many are ditching the extra SIM cards they held onto for 'work from home'. According to a recent report by the Telecom Regulatory Authority of India (TRAI), many mobile subscribers in the state have bid goodbye to their additional SIM cards, resulting in a loss of 4,02,037 mobile subscribers by December of last year. This decrease in subscribers may be attributed to employees returning to the office and students attending classes in person, as they no longer require additional SIM cards for work and studies. Additionally, many telecom providers have increased their tariffs, leading to many subscribers dropping their additional SIM cards.

The tele-density in Karnataka is 102.39%, and the overall tele-density in India decreased from 84.56% at the end of December 2022 to 84.52% at the end of January 2023. Urban tele-density has dipped from 134.16% to 134.02% and rural tele-density, from 57.69% to 57.68%. The share of urban and rural subscribers in the total number of telephone subscribers at the end of January 2023 was 55.75% and 44.25%, respectively. The TRAI report also indicates that the number of telephone subscribers in India increased from 1,170.18 million at the end of November 2022 to 1,170.75 million at the end of January 2023, showing a monthly



Many telecom providers have also increased their tariffs, leading to many subscribers dropping their additional SIM cards

growth rate of 0.03%.

In terms of broadband subscribers, there has been an increase in wired connections for better data connectivity, with the total number of broadband subscribers increasing from 832.20 million at the end of December 2022 to 839.18 million at the end of January 2023, with a monthly growth rate of 0.84%.

Mobile number portability

(MNP) has also been on the rise, with many subscribers switching their mobile companies due to dissatisfaction. During the month of December 2022, a total of 12.49 million requests were received for MNP, with the highest number of requests from Madhya Pradesh and Karnataka. MNP was implemented on November 25, 2010 in Haryana and in the rest of the country from January 20, 2011. Inter-Service Area MNP was implemented in the country from July 3, 2015.

The report shows that, except for the service areas in Karnataka, Bihar, Uttar Pradesh (West), Gujarat, Jammu and Kashmir, Haryana, Punjab, Uttar Pradesh (East), and Himachal Pradesh, all other service areas experienced growth in

their wireless subscribers in January 2023. However, there was no growth in wireline subscribers in the country, and the number of wireline subscribers increased from 27.45 million at the end of December 2022 to 27.73 million at the end of January 2023, resulting in a net increase of 0.28 million subscribers and a monthly growth rate of 1.01%. At the end of January 2023, the share of urban and rural subscribers in total wireline subscribers was 92.29% and 7.71%, respectively. The overall wireline tele-density in India increased from 1.98% at the end of December 2022 to 2% at the end of January 2023. During the same period, urban and rural wireline tele-density was 5.25% and 0.24%, respectively.

From pension to tension

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TWEETS @BangaloreMIRROR

More than 77 lakh people have been depending on the Directorate of Social Security and Pensions to make ends meet. The state government has introduced over 12 pension schemes for the benefit of senior citizens, widows, and needy individuals. However, thousands of these beneficiaries have been running from pillar to post to receive their pension for the past two months.

"My mother has yet to receive her pension for the last two months. She does not receive the pension on a regular basis. There have been instances where my mother receives

The state government has introduced over 12 pension schemes for those in need

her pension every two to three months. We have to spend around Rs 100 to hire an auto-rickshaw to visit the post office and inquire whether my mother has received it. It would be great if the authorities concerned took measures to ensure regular old-age pension," said the daughter of a beneficiary from Kallahalli.

According to the Deputy Director of Social Security and Pensions, 77.98 lakh people are benefiting from pension schemes such as Sandhya Suraksha, Widow, Physically Challenged, Manasvini, Maithri, and other schemes. "The government distributes Rs 860 crore among the beneficiaries across the state every month," the deputy director said.



Fight fake news on war footing: CM

Alarming increase of misinformation since Cong coming to power, says CM

Bangalore Mirror Bureau
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TWEETS @BangaloreMIRROR

Chief Minister Siddaramaiah is facing a new challenge in the form of fake news.

According to sources close to him, Siddaramaiah has noticed an alarming surge in fake news on social media since the Congress was elected to power in the state. He has issued strict instructions to authorities for identifying the sources behind misinformation and



taking legal action against those responsible for spreading it.

To address this issue, he held a detailed discussion with Home Minister G Parameshwar, who met him on Tuesday. As is common before elections in general, malicious ele-

ments are hard at work, attempting to spread false information and create unrest in society with the Lok Sabha elections drawing nearer. The CM has demanded that authorities concerned identify sources of fake news early on. He has also instructed them

to take appropriate measures to eradicate the menace of fake news.

"In the past, political opponents attempted to create unrest in society by disseminating false news about child thieves, beef transporters, and the like. In the current assembly election, the people of the state unequivocally rejected the BJP and the Sangh Parivar. We are now preparing for the 2024 Lok Sabha elections, which are crucial

"We are now preparing for the 2024 Lok Sabha elections, which are crucial for the survival of democracy"

— Source

for the survival of democracy in our country. However, there are clear indications that there will be attempts to incite mob attacks and riots through fake news and rumours. Consequently, instructions have been given to take necessary action in this regard," sources revealed.

Fact-checking at Commissionerate/Head Office

Previously, a technical team was assigned to the task of detecting false news, fact-checking, and raising public awareness about fake news within the Bangalore City Police Commissionerate and Police Headquarters. However, fact-checking efforts were halted when the BJP government assumed power. The cyber police must work tirelessly to trace the origins of fake news. The CM has also instructed the relevant officials to submit a monthly report on their progress in this regard.



In the past two decades, children have become more obese and have developed obesity at a younger age. Because obesity is a known risk factor for serious health problems, its rapid increase during the covid-19 pandemic raised alarms.

Without intervention, many obese adolescents will remain obese as adults. Even before adulthood, some children will have serious health problems beginning in their preteen years.

To address these issues, in early 2023, the American Academy of Pediatrics released its first new obesity management guidelines in 15 years.

I am a paediatric gastroenterologist who sees children in the largest public hospital in California, and I have witnessed a clear trend over the last two decades. Early in my practice, I only occasionally saw a child with a complication of obesity; now I see multiple referrals each month. Some of these children have severe obesity and several health complications that require multiple specialists.

These observations prompted my reporting for the California Health Equity Fellowship at the University of Southern California.

It's important to note that not all children who carry extra weight are unhealthy. But evidence supports that obesity, especially severe obesity, requires further assessment.

Obesity measurement

The World Health Organisation defines obesity as "abnormal or excessive fat accumulation that presents a risk to health."

Measuring fat composition requires specialized equipment that is not available in a regular doctor's office. Therefore most clinicians use body measurements to screen for obesity.

One method is body mass index, or BMI, a calculation based on a child's height and weight compared to age- and sex-matched peers. BMI doesn't measure body fat, but when BMI is high, it correlates with total body fat.

According to the American Academy of Pediatrics, a child qualifies as overweight at a BMI between the 85th and 95th percentile. Obese is defined as a BMI above the 95th percentile. Other screens for obesity include waist circumference and skinfold thickness, but these methods are less common.

Because many children exceeded the limits of existing growth charts, in 2022 the Centers for Disease Control and Prevention introduced extended growth charts for severe obesity. Severe obesity occurs when a child reaches the 120th percentile or has a BMI over 35. For instance, a 6-year-old boy who is 48 inches tall and is 110 pounds would meet criteria for severe obesity because his BMI is 139th percentile. Severe obesity carries a heightened risk of liver disease, cardiovascular disease and metabolic problems such as diabetes.

HEAVY LIFTING

Obesity in children is rising and it comes with major health consequences



Other health problems associated with severe obesity include obstructive sleep apnea, bone and joint problems that can cause early arthritis, high blood pressure and kidney disease. Many of these problems occur together.

How obesity hits liver

The liver disease associated with obesity is called nonalcoholic fatty liver disease. To store excess dietary fat and sugar, the liver's cells fill with fat. Excess carbohydrates in particular get processed into substances similar to the breakdown products of alcohols. Under the microscope, a pediatric fatty liver looks similar to a liver with alcohol damage.

Occasionally children with fatty liver are not obese; however, the greatest risk factor for fatty liver is obesity. At the same BMI, Hispanic and Asian children are more susceptible to fatty liver disease than Black and white children. Weight reduction or reducing the consumption of fructose, a naturally occurring sugar and common food additive – even without significant weight loss – Type 1 diabetes is an autoimmune

mune disease previously called juvenile-onset diabetes. Conversely, type 2 diabetes was historically considered an adult disease.

However, type 2 diabetes is increasing in children, and obesity is the major risk factor. While both types of diabetes have genetic and lifestyle influences, type 2 is more modifiable through diet and exercise.

"The seriousness of type 2 diabetes in children is underestimated," says Reiner. He added that many people express a misconception that type 2 diabetes is a mild, slow-moving disease.

Reiner pointed to an important study showing that type 2 diabetes acquired in childhood can rapidly progress. As early as 10 to 12 years after their childhood diagnosis, patients developed nerve damage, kidney problems and vision damage. By 15 years after diagnosis, at an average age

of 27, almost 70% of the patients had high blood pressure. Most patients had multiple complications. Although rare, a few patients experienced heart attacks and strokes. When people with childhood onset diabetes became pregnant, 24% delivered premature infants, over double the rate in the general population.

Heart health

Cardiovascular changes associated with obesity and severe obesity can also increase a child's lifetime chance of heart attacks and strokes. Carrying extra weight at 6 to 7 years old can result in higher blood pressure, cholesterol and artery stiffness by 11 to 12 years of age. Obesity changes the structure of the heart, making the muscle thicken and expand.

Although still uncommon, more people in their 20s, 30s and 40s are having strokes and heart attacks than a few decades ago. Although many factors may contribute to heart attack and stroke, obesity adds to that risk.

Talk about being healthy

Venus Kalami, a registered dietitian, spoke with me about the environmental and societal influences on childhood obesity. "Food, diet, lifestyle and weight are often a proxy for something greater going on in someone's life," says Kalami.

Factors beyond a child's control, including depression, access to healthy food and walkable neighbourhoods, contribute to obesity. Parents may wonder how to help children without introducing shame or blame. First, conversations about weight and food should be age appropriate.

"A 6-year-old does not need to be thinking about weight," says Kalami. She adds that even preteens and teens should not be focusing on their weight, though they likely already are. Even "good-natured" teasing is harmful. Avoid diet talk, and instead discuss health. Kalami recommends that adults explain how healthy habits can improve mood, focus or kids' performance in a favorite activity.

"A 12-year-old isn't always going to know what is healthy," Kalami said. "Help them pick what's available and make the best choice, which may not be the perfect choice." Any weight talk, either criticism or compliments for weight loss, may backfire, she adds. Praising a child for their weight loss can reinforce a negative cycle of disordered eating. Instead, cheer for the child's better health and good choices.

Dr. Muneeza Mirza, a paediatrician, recommends that parents model healthy behavior.

"Changes should be made for the whole family," says Mirza. "It shouldn't be considered a punishment for that kid."

—Christine Nguyen, University of Southern California for The Conversation

Parents may wonder how to help children without introducing shame or blame. Conversations about weight and food should be age appropriate



All problems solved

Dear Coleen

My boyfriend and I have been together for 18 months and we're happy. When we both met he'd recently come out of a 10-year relationship that had been struggling for a while, and I'd also parted ways with my partner of six years. My problem is, his exgirlfriend is very much on the scene. She's very close to his two sisters and his mum (who she runs errands for a lot). They invite her to everything. I also get the impression his sisters keep hoping that if his ex is around all the time, my boyfriend will realise what a terrible mistake he's made and get back together with her! His family are nice enough to me, but I know they don't take our relationship seriously. I have brought it up with my boyfriend and he gets it, but he says they're friends. I don't understand why his ex wants to be around us either. What's your take?

COLEEN SAYS

No, you can't tell people who to be friends with, but I think you can organise family events (including your family) that don't involve the ex. Maybe it's up to you and your boyfriend to take the reins a bit.

Also, I think your boyfriend needs to step up here and be truthful with his family (it's better coming from him than from you because, if they fall out, they're more likely to get over it and move on). He needs to make it clear that he's with you now and he'd like them to respect that by not having his ex at every family occasion. There must be plenty of other opportunities for his sisters and mum to see the ex. I really can't imagine what's in it for her because if she is still in love with your boyfriend then it must be torture for her to see you two together. Someone should be advising her to make the break and move on.

—Coleen Nolan, Daily Mirror

Something's burning out here

CONTINUED FROM PAGE 1

claimed it. Neither the police nor the BBMP Lakes Department or others have bothered about this vehicle," said the employee pleading anonymity.

Many visitors expressed shock and dismay over the brazen dumping and burning of garbage at the outlet of the lake near the Gurudwara. They urged the authorities concerned to take measures to prevent dumping of waste at the outlet of the lake.

It is also said that some people from nearby areas are indulging in illegal fishing at one side of the lake.



A tell-tale sign of this is the cut up fence. The BBMP Lakes Department had put up the fence to prevent people from entering to catch fish. Walkers said that the BBMP

spent money to construct the safety wall and put a fence on it but the miscreants cut the fence to have easy access to the water body for catching fish.

"The Lakes Department has to ensure proper maintenance of the lake for the benefit of hundreds of people who visit the lake for a walk. The BBMP has been neglecting Bengaluru East. They are not keen to maintain public places in Bengaluru East," said Bharathinagar Residents' Forum president NS Ravi.

The BBMP executive engineer (Lakes) said last November that a proposal had been sent to the higher authorities for sanctioning Rs 6 crore to put up the fence and construct retaining walls but nothing has been done even after seven months.

Halasuru Lake free of garbage

Meanwhile, Zayd Noaman, Executive Director, Prestige Group, said that he believes in the power of conservation and protecting the environment. "We are firmly guided by our belief in corporate social responsibility and have been maintaining the Halasuru Lake and its surroundings. We have taken precautions as environmental stewards to ensure that Halasuru Lake remains beautiful and free of garbage. We have built strong waste management systems, conducted frequent clean-up drives, and promoted community awareness about the need of maintaining this natural resource," said Noaman.

He said that Prestige Group is working to create a cleaner, greener future for all to enjoy. "We advise Bengaluru residents to exercise caution in protecting the lakes and their surroundings," he said.

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CHANGE OF NAME

I, Sathish H S/o Hanumantha rayappa C resident at 53/421, House No. 301, 3rd Floor, Vandhana Jasmine, 23rd Cross road, Someshwara layout, near Kempamma temple, Hulimavu, Bangalore-560076 have changed our minor daughter name from LEANN MARGRETT. S to LEANN JOYCE. S vide affidavit dated 17.06.2023 sworn before notary Renuka. C, B.lore

I Jayachandu S/O, H G Devaraja R/o #46, Heggondanahalli, Bangalore-560087 have changed my name to Jayachandu H D

I, Arun.M.R Son of R.K.Ramarao Villa No:87, 1st Phase, Liberty Acres (Golden homes) Attibele, Bangalore. Karnataka PIN code-562107, have changed my minor daughter's name from Aishani Musale (Aishani Arun Musale) to Aishani A.M and she shall hereafter be Known As Aishani.A.M for all future purposes.

I, PRUTHVI HEBBUR MOHANKUMAR residing at No. 3757, Opp. Vasavi Choultry, Channa Keshava Swamy Temple Street, Nelamangala, Bangalore-562123 have changed my name to PRUTHVI BAGEPALLI KALADHAR vide affidavit dated 19.06.2023 before notary V. Anjanappa, B.lore.

I, Vivek Swaroop Pradyumna Kumar R/o No. T12, B Block, Fortuna Vista Apartments, Thindlu Main Road, Vidyaranyapura Post, Bengaluru 560097 have changed my minor daughter's name from Poshita Swaroop to Poshita Swaroop Palyam

I, VEERAPUR MAHESH KUMAR, Residing at, No.B 501, Isiri Stone Creek, Yelenahalli Main Road, Beside Adishwar, Akshayanagar, Bluru-560068, have changed my name to MAHESH MURTHY, vide affidavit dated: 20.06.2023 before Notary V. Rajashekhar, Bengaluru.

I, SAI PREM JAICH-ANDRAN, Residing at No. 363, Flat No. A1, 1st Floor, Manpho Green Layout, Mare-nahalli, Bagalur, Bluru-562149, have changed my name to SAI ELANGO VAN JAICH-ANDRAN, vide affidavit dated: 20.06.2023 before Notary V. Rajashekhar, Bengaluru.

I, SILARGI NASEER REHMAN #23,B Street,Lal Masjid Rd Cross, Shivajinagar Bangalore-51. I, have changed my name to SILARGI NASEER Vide affidavit dated 23/12/2022 Sworn before Notary: V.Rajashekhar, Bangalore

I Anuradha Haribabu W/O, Praveen Kumar Rupakula R/o B3-003 Bda Flats Halagevaderahalli, Rajarajeswari Nagar, Bengaluru, 560098, have changed my name to Anuradha Rupakula for all purposes.

I Vasanta Hulidenahalli W/O, Lakshmanamurthy.a.s R/o F-302, 1868, 3rd Floor, rathnadeepak Apt,bwssb Pipeline Road, kumaraswamy Lyt,bengaluru-560111 have changed my name to Vasantha Kumari Hulidenahalli

I, Nazeer Nisar Ahmed S/o Nazeer Ahmed R/o 1/1, 7th Main Road, D B Street Palace Guttahalli Malleshwaram B'lore -560003 have changed my name to Nisar Ahmed for all further purposes

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GENERAL

I DAVID A J, son of Jacob, residing at #245, Corporation Colony, Murphy Road, Ulsoor, Bangalore. Hereby declare that I am a Converted Protestant Christian, attending Mizpah Telugu Church, Pottery road in Richards Town for the past 30 years.

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India, Pak gear up for their big clash in city

Blue Tigers (India) will lock horns with Pakistan in the first match of the SAFF Championship 2023 at Kanteerava Stadium; finals on July 4

Abhijeet Kabad

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With a comprehensive win over Lebanon in the Intercontinental Cup Final 2023, the Blue Tigers (India) will lock horns with Pakistan in the first match of the SAFF Championship 2023. The match will be held at the Kanteerava Stadium, with the finals to be played on July 4.

The Indian team has dominated their neighbours, emerging winners in four out of the five games. The last time the teams clashed, India trashed Pakistan with a margin of 3-1 in the SAFF Championship in 2018. The semi-finals witnessed goals from Manvir Singh and Sumeet Passi.

Igor Stimac, the Indian football coach addressing the press conference, said, "In our group, all the four teams have something special and I hope it will be a competitive tournament. Each game will be different, and the crowd will enjoy it."

Talking about the big India-Pakistan encounter, Igor Stimac said, "We enjoyed each and every second of the Intercontinental Cup in Odisha. But the first step is to be happy with the player's performance, and the second step is to repeat it. In terms of work, we can expect our players to show consistency, and keeping the level of performance very high is really important to me as a coach."

India is preparing a wide and deep analysis, as the Pakistan players might turn out to be a surprise in the tournament. Pakistan has weaknesses, but the team has certain qualities that we should respect, he added.

Referring to Bengaluru weather conditions for football, the coach shared, "We are coming from 48 degrees in Bhubaneswar (Odisha) to English weather here in Bengaluru. It's beautiful weather for football, but it will take us a few days to adapt and settle down to different conditions."

Furthermore, he urged people not to be misled by the international team rank-



The teams practise ahead of the SAFF Championship 2023 match at Kanteerava Stadium, ahead of their big clash, on Tuesday

“The weather is one more experience for these players, as they have not played in these conditions” – Rui Bento, Kuwait coach

ings of other teams. "We are going to approach each game separately. We are aware of the strengths and weaknesses of our opponents. There is not much time for training sessions. There is not much time for working on the pitch, as Bengaluru does not enjoy natural grass turfs. Mostly, it will be tactical points and slow movements without risking any injuries. I expect great games of football."

"Pakistan was playing against Kenya, which was ranked better, and they were a better side. They created better chances and were more aggressive. Let's not speak about rankings. No matter what the rankings are, we are going to face tough op-

ponents. Every day is a new challenge in front of us. All the teams have come to win the tournament," he explained.

Other football coaches from other nations also spoke about the city's weather.

"The weather is one more experience for these players, as they have not played in these conditions. We are a bit afraid about the field conditions for the tournament and hope that the quality of the grass is maintained. We are here to develop the team and the players in this tournament," said Rui Bento, Kuwait football coach.

The Nepal football coach, Vincenzo Alberto Annesse, said, "We had a short time to prepare for this tournament. We have many debutants in this tournament. It's important to be part of this tournament, as we will be facing nations like India, Kuwait, and Pakistan. I hope to do well." He added that new players are evolving day by day.

12 weeks to redo BBMP ward delimitation

The High Court of Karnataka has granted the state government 12 weeks' time to redo the delimitation exercise of the Bruhat Bengaluru Mahanagara Palike (BBMP) wards in strict adherence to law. Setting aside a single judge order, which had allowed the delimitation exercise earlier, a division bench of Chief Justice Prasanna B Varale and Justice MGS Kamal said it should be carried out again as per law.

The bench passed the order on Monday on an appeal filed by former Bengaluru Mayor B N Manjunatha Reddy against the single judge verdict.

In the appeal, Reddy claimed that the "exercise of delimitation by the previous dispensation is arbitrary, unreasonable and smacked with political malafide."

Advocate General Shashikiran Shetty, appearing for the State, told the Court that there were errors in the

delimitation exercise carried out earlier and redoing it was a necessity. He sought time from the Court for it.

Recording the submission, the division bench granted 12 weeks to carry it out. The main grouse of the petitioners challenging the earlier delimitation was that under Section 7(B) of the BBMP Act, Wards should be demarcated within the existing Assembly constituency boundaries.

However, these guidelines have not been followed. It was argued that the single-judge bench did not consider this plea of the petitioners in its judgement. A total of 14 petitions had challenged the delimitation exercise including those filed by politician Zameer Ahmed Khan.

The then BJP government had increased the number of BBMP wards from 198 to 243 and carried out the delimitation exercise by allotting an average of 34,750 voters to each ward.

— PTI

Against discrimination

CONTINUED FROM PAGE 1

issue better," she explained.

The Dalit employee at Lifestyle International, Vivek Raj, in a video released before his death, implied that uncompromising investigations must be held when cases of discrimination are reported at corporations. "When you try to fight legally, they use money to bring in the best lawyers to hide discrimination without addressing the issue," he said.

On 3 June, a day before the incident, Raj had registered a complaint with the Marathahalli police station against his employers and then released the video on YouTube alleging poor treatment

at his workplace.

According to his friends, Raj had faced harassment from a few colleagues at work and had hence raised a complaint with the human resources team.

However, the issue was not escalated but instead, Raj was allegedly demanded to provide his resignation before June 18. Based on his complaint, the police have registered a case under Sections 3(1)(r) (intentionally insulting or intimidating with intent to humiliate member of SC/ST in any place) and 3(1)(s) (abuses any member of SC/ST by caste name in any place) of the Scheduled Castes and Scheduled Tribes (Prevention of Atrocities) Act.

Parties that didn't publish 'criminal details' rapped

An electoral reform advocacy group has urged the Election Commission to take action against political parties for failing to publish criminal antecedents of candidates fielded by them during assembly polls held in the past few years.

In a letter to the poll panel, the Association for Democratic Reforms (ADR) has noted that following the Supreme Court's directions and guidelines issued by the Election Commission, it is mandatory for political parties to upload on their websites detailed information regarding candidates with pending criminal cases, including the nature of the offences. Political parties will also have to give reasons for such selections and why other individuals without criminal antecedents could not be selected as candidates. "At the outset, this application is being filed before the commission against the wilful disobedience of the directions of this Commission (EC) ...," the letter read.

— PTI

PVR REX | NEXUS | ORION | VAISHNAVI | VEGA | REGALIA | ARENA | GT MARKETCITY | AURA | VR | SPIRIT | UPTOWN | GLOBAL | BHARTYA KIN CINEMAS SEEGEHALLI MARATHALLI

IN X MANTRI | CENTRAL | GARUDA | YELAHANNA | SWAGATH BROOKFIELD | LIDO | RMZ | NEXUS NEIGHBOURHOOD ROCKLINE JALAHALLI MUKTA 2 UTHARAHALLI

Cinepolis ETA | MEENAKSHI | ORION EAST SRI | LULU | SHANTINIKETAN GOPALAN ARCADE | LEGACY | GRAND SIGNATURE | INNOVATION CINEPHILE HSR LAYOUT MIRAJ SUNKADAKATTE

ANUPAMA K.G. ROAD | **HMT** JALAHALLI | **VICTORY CINEMAS** KAMAKSHIPALYA | **MUKUNDA** SEVANAGAR | **VAIBHAV** SANJAYNAGAR | **BALAJI** TAVAREKERE | **TIRUMALA** AGARA | **SRINIVASA** KADUGUDI | **SAVITHA** MALLESHWARAM | **RENUKAPRASANNA** J.P. NAGAR | **VENKATESHWARA** KONAPPANA AGRAHARA | **ESHWARI** KATTIRIGUPPE | **RAVI** SARJAPURA | **SHANKARNAG** M.G. ROAD | **VENKATESHWARA** KENGERI

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MAGNANIMOUS HIT

ADIPURUSH

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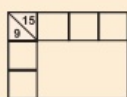
ENTIRE KARNATAKA WITH DHARMAPEETA & KRISHNAGIRI DISTRICTS

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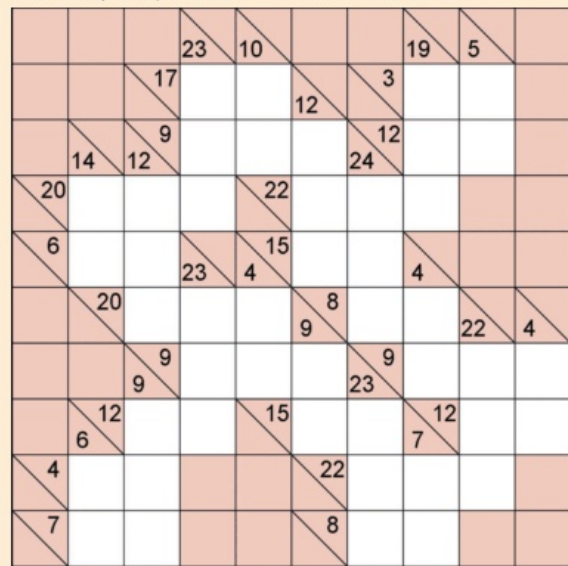
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

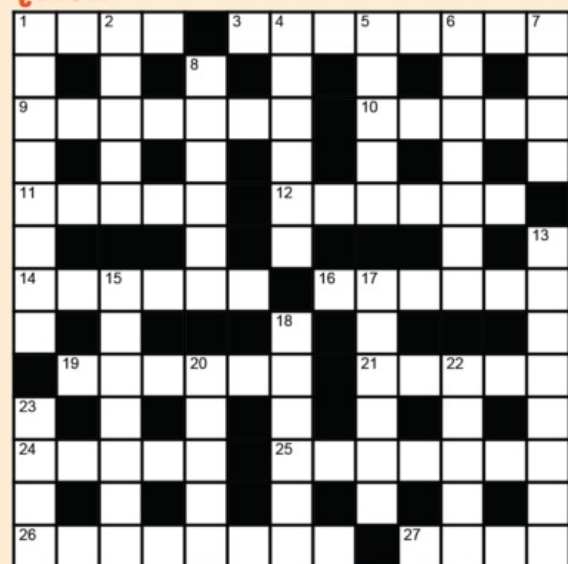


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

- 1 Boast (4)
- 3 Liking or attraction (8)
- 9 Firm (7)
- 10 South American animal (5)
- 11 Pay out money (5)
- 12 A stupid person (6)
- 14 Monasteries or convents (6)
- 16 Raises or forces with a lever (6)
- 19 Harbhajan Singh's petname (6)
- 21 Ire or fury (5)
- 24 Stocking material (5)
- 25 Aphorism (7)
- 26 Loses heart (8)
- 27 Fastener (4)

DOWN

- 1 _____ driver: One who insists on giving unwanted advice (8)

- 2 French military—"a mere" change? (5)
- 4 Moving through the air (6)
- 5 Cove or bay (5)
- 6 Letters in sloping type (7)
- 7 Twelve months (4)
- 8 International distress signal (6)
- 13 Imputed or accredited; attributed (8)
- 15 Tourist destination home to the Ranganatha Swamy Temple (1,1,5)
- 17 Justification (6)
- 18 Capital of Assam (6)
- 20 Group of military officers holding power (5)
- 22 Visitor (5)
- 23 Dine" anagram for a girl's name? (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: H EQUALS G
RUA MJXA SAYXIK IDRAX
XUQKX XINJARE DIY DAWY ID
CAJKH CIYAL.



Linemaro

I'll be your crying shoulder, I'll be better when I'm older, I'll be the greatest fan of your life



Mindchow

Love does not dominate; it cultivates



Joke of the day

I say no to alcohol, it just doesn't listen

Loop

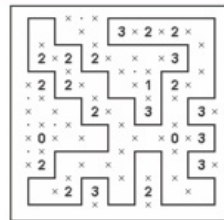
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

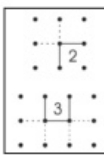
How to begin:

Example (Fig A) - Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

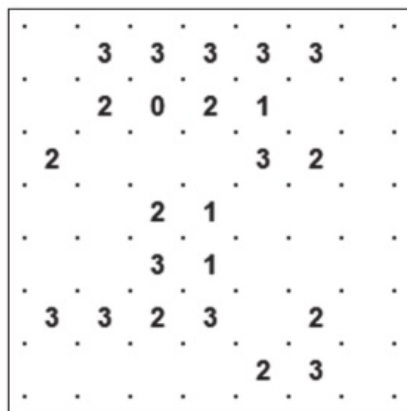
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



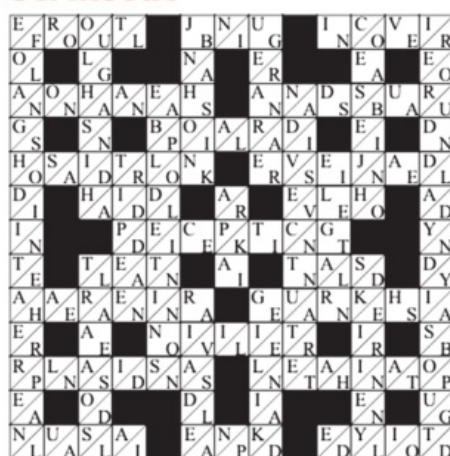
(Fig A)



(Fig B)
Not Allowed



Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

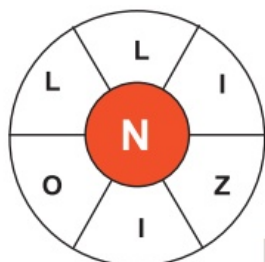
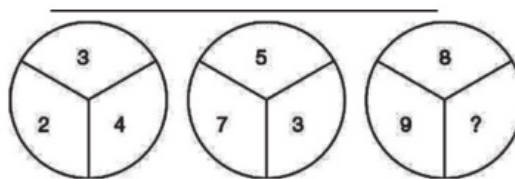
- 1 Lapse; 6 A gait;
- 7 Lay is; 8 Aleve;
- 9 Ruble

DOWN

- 1 B list; 2 Lease;
- 3 Pauli; 4 Ave Ga;
- 5 Early

Mensapuzzle

What number should replace the question mark?



Bull's eye

How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

01 Average; 02 Good; 03 Outstanding

SudokuChallenge



To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy

3 4 7 9 = 5

Medium

2 3 5 7 = 37

Hard

1 5 6 3 = 14

Hocusfocus



Find at least six differences in details between panels.



Differences: 1. Soap is missing; 2. Faucet is different; 3. Music note is moved; 4. Bubble is missing; 5. Top row of tile is missing; 6. Woman's hair is longer.

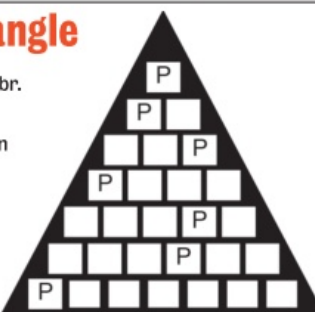
Riddler

Yesterday my mother asked me to buy some stamps. Stamps are available in 3p, 9p, 11p, 17p and 21p denominations. For three types of stamp I was asked to buy eight of each. For the other two types of stamp, I was asked to buy nine of each. Unfortunately I forgot which I was supposed to buy eight of and which to buy nine of. Luckily my mother had given me the exact money required to buy the stamps, £5.00 and the shopkeeper was able to give me the correct stamps. Which stamps did I buy?

Alpha triangle

- 1 Parking sign
- 2 Public address, abbr.
- 3 Race part
- 4 Ashen
- 5 Bounds' companion
- 6 Sugar or flour
- 7 Potter's tools

Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be



made at each step answering to the clue given.

COMICS

Redeye by Mel Casson



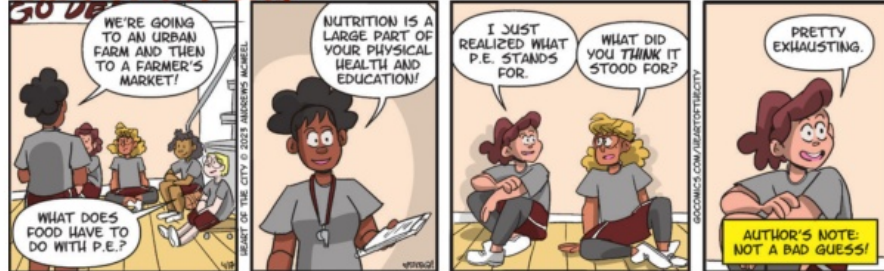
Bizarrotrip



Diamond Lil



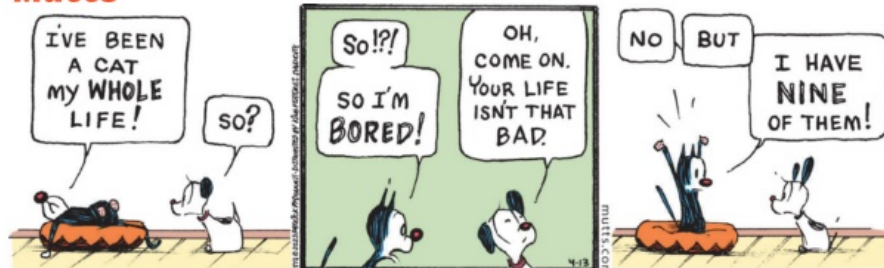
Hart of the city



Crankshaft



Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 - Apr 20

Today, you may perform your best in the office. You may have a good bond with the boss, and you may get new responsibilities and promotions. Chronic health issues may be cured now. You may also receive good incentives for your work. Disputes with siblings may be resolved. Job seekers may find a new job.



Leo Jul 24 - Aug 23

Today, you may be busy with your family and find joy in spending time with them and friends. You may expect new sources of income that will boost your financial health. It is advised to control your expenditures on unnecessary items. Instead, consider purchasing valuable things that can enhance your social status.



Sagittarius Nov 23 - Dec 22

Today, you may be blessed by the moon. Your hard work may result in a higher position and improved performance at work. You may also meet influential individuals who can guide you towards personal growth. Managing domestic issues will be easy, leading to harmony in family life.



Taurus Apr 21 - May 20

Today, your children's education may keep you busy. You may plan for their higher studies. Couples may receive good news regarding having a child. You may consider updating your skills and making plans for higher studies to secure a promotion in your current job. Singles may find their soul mate. Individuals in the fields of education, consulting, and banking will do well.



Virgo Aug 24 - Sep 23

Today, the blessings of elders may help you improve your patience. Your focus may return, aiding you in achieving your goals. You may perform well in both business and domestic life. There will be a balance between expenditures and savings, which will boost your savings.



Capricorn Dec 23 - Jan 20

Today, you may feel happy as things are somewhat better. Planning a visit to a spiritual place may provide inner strength. Consider donating to religious institutions or charity. Expect overseas travel for educational or work-related purposes. Couples may find a suitable match, while singles are likely to find their soul mate.



Gemini May 21 - Jun 21

Today, you may feel dissatisfied and unable to handle your responsibilities. Your investments may result in some losses. It is advised to carefully read documents before signing them. Concerns about the health of elders may upset you. If you plan to reconstruct your house, it is recommended to postpone the renovation for a while.



Libra Sep 24 - Oct 22

Today, some dissatisfaction may arise, making you feel lazy and dull. This may affect the progress of your projects or work, causing delays. Lovebirds are advised to avoid making important decisions regarding marriage. Job seekers may experience disappointments in interviews.



Aquarius Jan 21 - Feb 19

Today, you may feel unhappy and dull, affecting your work performance and causing project delays. This may impact your professional and domestic reputation. It is advised to avoid adventure tours or rush driving. Lovebirds may experience a breakup, and job seekers may face disappointment in finding a new job.



Cancer Jun 22 - July 23

Today, you may be busy with work. Your network may expand, and with its help, you are likely to secure a big order for your business or work. You may initiate innovation through partnerships. There may be investments in your business, leading to future growth. Your emotional relationship with your spouse will improve.



Scorpio Oct 23 - Nov 22

Today, your internal power may bring happiness, and you may experience short-term gains from investments. Building a good relationship with your boss may lead to promotions. Your prestige in society may increase, and you may expect work-related travel opportunities.



Pisces Feb 20 - Mar 20

Today, you may feel positive vibrations around you, and things will be under control. You may plan to start a new business in partnership. Long-distance travel may be expected. Building trust with your spouse will bring harmony to your domestic life.



KIDZONE



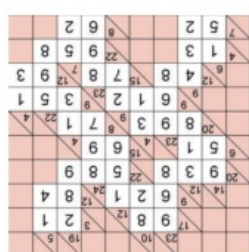
Hemalatha M,
12 Years,
Bangalore
International
Public School



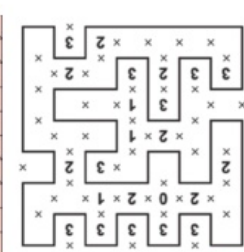
Yohan Tibrewalla,
8 Years,
Army Public
School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

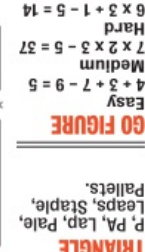
SOLUTIONS



KAKURO



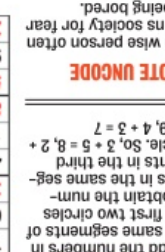
LOOP



ALPHA



SUDOKU



MENSA PUZZLE



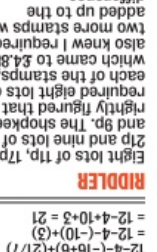
QUICK



STRIKE OUT



BULLS' EYE



SOLVE IN 1M



9-times lucky

Rajanarasimha, who not only plays the lead but has also bankrolled the film *Modala Male*, is on cloud nine. The reason is that Rajanarasimha shares the screen with nine actresses. *Modala Male* (meaning the first rainfall of monsoon) is scheduled for release on June 23.

"I am very happy to play the lead role in this movie along with nine heroines. I come from a farmer family. I had nourished an ambition



of becoming an actor in Sandalwood for quite a long time," said Rajanarasimha.

Rajanarasimha said the story of the movie is about a youth from a village coming to the city to become somebody in society. "The movie is a combination of murder mystery, comedy and horror. The story narrates what hap-

pens when an ugly youth wants to get married," he said. Raja Sharan, who directed Emme Thimma, has written the script and screenplay and handled the megaphone for this movie. Prasanna Bhojashettar has scored music. "Rajanarasimha is my friend. I wrote a script for him but could not make a movie based on it. A few people made sarcastic comments on Rajanarasimha. I made this movie for Rajanarasimha with nine heroines as a reply to those people," said director Raja Sharan. The movie has got a UA certificate from the Censor Board.

Woman-oriented movie

Kannada Film Chamber of Commerce president Krishne Gowda is busy with the release of his movie *Naanu Kusuma*, a woman-oriented movie. The film is scheduled to release on June 30.

Naanu Kusuma was screened at the 14th Bangalore International Film Festival and won the best Kannada movie award. It also won some awards at Indian Panorama Film Festival, Rajasthan Film Festival, and Thrissur



International Film Festival. The movie is about the problems of a nurse working at a government hospital. "I play a staffer at a government hospital assisting doctors doing post mortem of bodies. We shot the movie at

natural locations and the post mortem scene was shot at Sir CV Raman General Hospital. It was very difficult for me to cope with the unpleasantness of the morgue," said Krishne Gowda.

Krishne Gowda plays a key character in the movie and has also bankrolled and directed it. "I have also included a few real life incidents during the shooting of the movie in and around Bengaluru for around 20 days. The movie is based on a book written by Besagarahalli Ramanna," he said.

Focus on new talent

Kangana on why she cast fresh face in her upcoming production

Actress-filmmaker Kangana Ranaut has talked about casting a fresh face like Avneet Kaur in her upcoming production 'Tiku Weds Sheru'. She said that she is focusing on genuinely bringing talent and outsiders into the film industry.

When asked Kangana Ranaut on launching an outsider and newcomer like Avneet Kaur, she said "Yes I am launching a newcomer but as a producer I am not focusing on capitalism, I'm focusing on genuinely bringing talent and outsiders into the film industry."

"Yes, I want to work with Avneet Kaur again but I haven't done any three film contract which is a very common practice with any newcomers, and to take up a huge percentage of their brands, events and films for the rest of their life". Kangana mentioned that she doesn't want them to bow down and come to her or control their life. "There is no such thing like who she should date or what she should wear or work with". She added, "I want to stop this because all such practices have made industry a very negative place." On launching Avneet, Kangana said: "She has all my love and blessings and is completely free to follow her dreams. Also in future whoever I launch, will never ever try to control their lives and career."

Nawazuddin Shaikh and Avneet Kaur will be collaborating for the first time on the quirky love story. The movie, which will debut on Prime Video, is supported by Kangana Ranaut's Manikarnika Films.

— IANS



Road not taken

Actor Ali Fazal, who plays the role of Kahil in 'Kandahar', spent time during the shoot learning a new skill set required for his character.

Ali said: "So basically dirt biking has clearly become a very loved passion in my life. Also surprisingly dissipating me from regular biking on the busy roads of our cities. But you know you'll never be as good as you wanna be because when you're working with such an amazing stunt team on a film like *Kandahar*, where everything is totally measured and state-of-the-art. Even though the bike was a very simple bike, (they) deliberately chose a non pricey bike like a KTM."

He added why this bike was chosen. "This was because we actually had to do these stunts. I had to do these stunts in the desert. And we couldn't fake a lot of this stuff. So I learned about dirt biking. I landed up 25 days before shoot and started learning these tricks.



Of course, first learning how to just ride plainly on the sand and then, doing different kinds of skids and the breaks, different kinds of turns." Ali shared: "And ultimately, no matter what stunts you pull off, you have to make the character come alive. There's body language and everything. So me and my stunt double, we had to work together all the time because there were some shots like riding on top of a very steep Cliff which has only rocks, those things I never did."

— IANS

Home and away

Actress Tillotama Shome, who has carved a niche for herself in the industry with some great roles, feels that OTT has given a platform to artists like herself to make their work accessible to people of India, not just for international audiences.

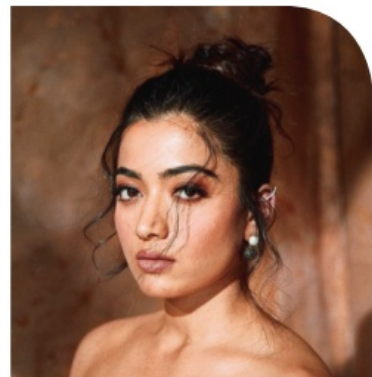
Known for her work in several Independent film productions, Tillotama's role in 'The Night Manager' Season 1 got appreciation. Talking about the revolution that OTT has brought, the actress said: "I started my career doing independent films. My films used to travel to film festivals all over the world and get limited theatrical release. After a while, I got used to it that my films will not be watched by people of my own country. But since the



time OTT has come, it has made my work accessible to people in my country and not just international audiences. I am very happy it has given a platform to artists like me."

— IANS

Rashmika is all gaga



Rashmika Mandanna took to her IG handle on Tuesday to announce that she has wrapped up work on the Ranbir Kapoor starrer *Animal* and is back in Hyderabad. The actor went gaga over her co-star Ranbir and called him a 'bomb'. She wrote, "Rkaaaaaay. I think initially because he is #RanbirKapoor, I was

super nervous but my god!! Out little secret... God has really taken his time to make him perfect ya..

Brilliant actor, Amaaaaaazing human, Everything else (tick mark) Crazy no? Love it.. but what a beautiful human he is ya.. I only wish the best for him for life and woahhhh.. Wait! Haveeee to say this RK in *Animal* is bomb. I don't think people are ready for him yet but the release is coming

soonnnn.. I am super duper excited for the team."

The Sita Ramam actor also spoke about the movie and said, "Initially... the film came so suddenly to me, was really surprising but I was excited for *Animal* cause of course I wanted to work with the team. I think I've shot for about 50 days and now that it's over, I am starting to feel one big void. I absolutely loved working with my boys..." — ETimes